

February 2007

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# The Scoop

## Upcoming Events

**Saturday February 17<sup>th</sup>**, LZ Class  
and more.

**Saturday February 24<sup>th</sup>** Scout  
Camporee.

**Saturday March 10<sup>th</sup>**, Go For The  
Gold.

**Sunday March 25<sup>th</sup>** 2007 Capitol 10K  
and Fun Run.

## MSET-TX and STAR Flight 9th Annual Landing Zone Class

**Date:** Saturday, February 17

**Time:** 8:30 AM

**Location:** Shoreline Christian Center  
15201 Burnet Rd  
Austin, TX 78728

This incredible class is organized by the Motorcycle Special Events Team and STAR Flight to train emergency and lay personnel on how to select and prepare an emergency helicopter landing zone, how to communicate with the helicopter pilot, how to approach the helicopter and how to package the patient for a fast and safe emergency transport.

## Motorcycle Special Events Team - Texas

P.O. Box 40452  
Austin, Texas 78704

E-MAIL:  
[pio@msset-tx.org](mailto:pio@msset-tx.org)  
or  
[ray@mset-tx.org](mailto:ray@mset-tx.org)

**We're on the Web!**

See us at:  
[www.mset-tx.org](http://www.mset-tx.org)

When seconds count, citizens of Austin and surrounding communities may at some time be the beneficiaries of this vital training provided by STAR Flight.

New this year will be a Basic Airway Management training provided by PHI STAT Air Georgetown in addition to LZ communications and general skills practice workshops.

All emergency personnel such as EMS, fire fighters, law enforcement, search and rescue, emergency response teams, amateur radio operators, boy/girl scouts, and others are invited to attend this FREE training class.

(continued on next page)

# The SCOOP



## Parts – Service - Rentals

15855 S IH 35

Buda, TX 78610

512-312-1478

[www.camperclinic.com](http://www.camperclinic.com)

**The Motorcycle Special Events Team of Texas wishes to Thank the good folks at All Points Communications in Georgetown, TX for the radio equipment used at the 2005 R.O.T. Rally.**

[www.allptscomm.com](http://www.allptscomm.com)

**All Points Communication  
40132-A Industrial Park  
Circle**

**Georgetown, Texas 78626  
(512) 930-0291**

**[sales@allptscomm.com](mailto:sales@allptscomm.com)**

**Tell them mset sent you!**

## The Motorcycle Special Events Team - Texas

is always looking for volunteers to join our team. People who are or are interested in becoming Emergency Medical Technicians. people who have or are interested in obtaining an FCC amateur radio operators license. Email [pio@mset-tx.org](mailto:pio@mset-tx.org)

## MSET-TX and STAR Flight 9th Annual Landing Zone Class (CONT)

TDSHS Certified Medics and TCLEOSE law enforcement officers will earn 3 CE (TDSHS and/or TCLEOSE continuing education) credits upon successful completion of the course quiz at the end of the presentation. **CE certificates will be printed up and distributed on-site at the end of the class.**

**New** this year will be additional training in the afternoon from 2 to 4 PM:

**Basic Airway Management** hosted by PHI STAT Air Georgetown (2 additional C.E.s available): Reviewing basic bagging, ventilation and ventilation with an advanced airway in place. Instruction and hands-on.

### LZ Communications Workshop:

This communications class is recommended for dispatch centers - to include law enforcement. This will encompass a host of topics from the initial call to flight completion and all phases in between. While not required, it is requested that those who have scanners/HTs bring them for this session *Workshop only -- No C.E.s*



### General Basic Skills Practice

**Workshop:** Hands-on practice by covering basic patient assessment and practice for doing general vital signs including taking blood pressures and blood sugars. *Workshop only -- No C.E.s*

Pre-registering online is highly encouraged as it will speed up the check-in process on the day of the event and will also aid us in general housekeeping items such as having enough seats and handouts. **In addition, all those who pre-register will be entered in to our drawing for some great prizes.** (You must be present to win.)

Walk-ins are welcome and our team will be onsite shortly after 7:30 AM to accept on-site registrations. STAR Flight, PHI STAT Air Georgetown, Air Evac and the TX DPS helicopters should be arriving between 8:00 - 8:15a and will be on display.

**Starbucks coffee** and donuts will be available, donations accepted.

MSET-TX is currently running a drive for new AED devices. Donations can be made at the event as well. See any uniformed team member.



## The SCOOP

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Visit

[www.caimanhunter.com](http://www.caimanhunter.com)  
for more information.



**Date:** March 10, 2007

**Location:** 2007 Plaza Saltillo, E 5th and Comal Streets

The Motorcycle Special Events Team - Texas is once again proud to support the Southwest Key Go For The Gold 10 K run, benefiting The East Austin Community Development Project  
**WALK! RUN! JUST HAVE FUN!**

This certified (TX02003JF) 10K racecourse features rolling hills on city roads in historic East Austin a half-mile from downtown. The 10K presents a good opportunity to compete for age group awards and win!

The Fiesta 5K Fun Run is a measured race (~3.3 miles) and uses parts of the competitive 10K course highlighting even more great parts of East Austin. Runners, walkers and strollers are welcome, but please no dogs.

### The Walburg Classic Road Race



**Date:** February 24, 2007

**MSET Meeting Time:** 5:30am

**MSET Meeting Location:** Denny's I-35 in Round Rock

**Event Location:** Walburg Texas

**Event Coordinator:** TBD

This 24 mile sanction bicycle race is on a 24-mile rolling course in and around the city of Walburg. It has hills, false flats, and wind with an uphill finish in the German town of Walburg.

All USCF rules are in effect and it is a TXBRA-endorsed Texas Cup Series Event where TXBRA points are calculated.

If you would like to volunteer to assist MSET-TX in providing en-route EMS and/or event communication, please call Barry at 512-699-8611 or e-mail [pio@mset-tx.org](mailto:pio@mset-tx.org)

## The SCOOP

### The Austin American Statesman Capitol 10K and Fun Run



**Sunday March 25<sup>th</sup>** marks the 30<sup>th</sup> running of the Austin American Statesman Capitol 10K.

Whenever you see a bumper sticker or a t-shirt that says "Keep Austin Weird", think of the Capitol 10K. Not because it is Weird, but it is an excellent example of what Austin and it's inhabitants are all about. One simply needs to watch the runners, walkers, joggers, and skippers as

they parade along the route. Proud, happy, community spirited folks from all walks of life. The people who make Austin like no other place in Texas.

Last year those people raised some \$201,452 for the People's Community Clinic.

Founded in 1970, People's Community Clinic is a non-profit, primary health care facility whose purpose is to provide high quality medical, counseling and health education services at reasonable costs to individuals and families in the Austin area. People's Community Clinic is dedicated to responding to community needs, particularly those of limited income patients. The Clinic promotes community involvement in the provision of health care and emphasizes health maintenance and disease prevention in all treatment programs. The members of the Motorcycle Special Events Team - Texas will be there with our motorcycles, medics, radio operators and spirit.

### Texas Rollergirls



**Sunday March 4<sup>th</sup>  
Sunday April 1<sup>st</sup>  
Sunday May 6<sup>th</sup>  
Sunday June 3<sup>rd</sup>  
Sunday July 1<sup>st</sup>  
Sunday August 5<sup>th</sup>**

The Texas Rollergirls return for the 2007 season on Sunday March 4<sup>th</sup>.

Did you know that the Flat-Track Roller Derby as it is known nationally started right here in Austin Texas with the Texas Rollergirls? That's right, Austin is the home of the pioneers who not only revived the sport of Rollerderby, but invented the flat track derby league.

Anyone can see the very same Rollergirls in person for less than the price of a good meal at a family restaurant. Come watch these spirited and talented women in action.



Each year, more deaths occur due to flooding than from any other thunderstorm related hazard. Why? The main reason is people underestimate the force and power of water.

Many of the deaths occur in automobiles, as they are swept downstream. Of these drowning, many are preventable, but too many people continue to drive around the barriers that warn you the road is flooded.

Whether you are driving or walking, if you come to a flooded road, **Turn Around Don't Drown® you will not know the depth of the water nor will you know the condition of the road under the water.**



We would like to thank H.E.B. for donating the donuts for the 2005, 2006 & 2007 Landing Zone Classes

**H.E.B.**

6001 W. Parmer Ln.  
(@ McNeil Rd.)  
Austin, TX 78727

# The SCOOP



## Motorcycle Terms Quiz



Each month in The Scoop there will be a quiz relating to one of the three facets MSET-TX uses to perform its unique brand of community service: Motorcycles, medical information or amateur radio communications. I hope these quizzes will be entertaining as well as informative to our readers. Your feedback is welcomed.

Email: [ray@mset-tx.org](mailto:ray@mset-tx.org)

**Q 1: This is sometimes done in a special ceremony before a group ride.**

- ☐ Riders meeting
- ☐ Watch a video
- ☐ Slow speed test
- ☐ Bike blessing

**Q 2: One term used by motorcyclists is LEO, which stands for what?**

- ☐ Law Enforcement Officer
- ☐ Light Emitting Output
- ☐ Late Entry Option
- ☐ Lean Ending Outside

**Q 3: In order, what are the four strokes of a 4-stroke engine?**

- ☐ Compression, Intake, Exhaust, Combustion
- ☐ Intake, Compression, Combustion, Exhaust
- ☐ Exhaust, Compression, Intake, Combustion
- ☐ Intake, Combustion, Compression, Exhaust

**Q 4: A tankslapper involves what?**

- ☐ Vibration of the engine
- ☐ Gasoline sloshing around
- ☐ Oscillation of the handlebars
- ☐ Rapid deceleration

**Q 5: What would you use a Packing List for?**

- ☐ To know what to take on a bike trip
- ☐ To keep track of guns
- ☐ To know how to pack bearings
- ☐ None of the above

**Q 6: What is the name of the special number given to forum members?**

- ☐ Forum ID
- ☐ Gold award
- ☐ AMF
- ☐ Silver award

**Q 7: A basketcase has to do with what?**

- ☐ Transmission
- ☐ Serious injuries
- ☐ Luggage
- ☐ Parts

**Q 8: What are highway pegs used for?**

- ☐ Mount bungee cords
- ☐ Relieve fatigue
- ☐ Hang a helmet
- ☐ Measure miles traveled

**Q 9: Another name for Crash Bars**

- ☐ Mirror guards
- ☐ Ankle guards
- ☐ Handlebar guards
- ☐ Engine guards

**Q 10: Which of the following involves electrostatic attraction?**

- ☐ Powder coating
- ☐ Ear plugs
- ☐ Oil filters
- ☐ Oil coolers

Answers and more detailed comment will be published in the February issue of The Scoop. Thanks for reading this. **Ray** 103

Look for the answers in next month's issue of The Scoop.



### GT Distributors

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### Southern Safety Sales

We would like to thank **Southern Safety Sales** for their wonderful door prize donations for the 2005 and 2006 Landing Zone Class.

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Austin, TX 78702

Does your company or organization have an interest in becoming a corporate sponsor? To find out how you can help, email [pio@mset-tx.org](mailto:pio@mset-tx.org) for more information.

# The SCOOP

## Answers and comments from the December 2006 Glucose Quiz

**A1.** The correct answer is True: Glucose is a sugar found in the bloodstream that is the body's main source of energy. It is a simple sugar, meaning it cannot be broken down into other sugars. People obtain glucose by eating foods that contain carbohydrates, such as breads and cereals, vegetables, fruits and sugary sweets. When food is eaten, it is broken down into glucose and absorbed into the bloodstream. As the amount of glucose in the bloodstream starts to rise, an abdominal gland called the pancreas reacts by producing insulin.

**A2.** The correct answer is Glucose meter: A glucose meter, or glucose monitor, is a small, portable device designed for home use that checks blood glucose (sugar) levels. An essential tool for diabetes management, the meter warns diabetics when their blood glucose levels are out of range so immediate action can be taken to correct it. Keeping blood glucose levels close to target range can reduce or prevent the risk of diabetes complications such as eye, kidney and nerve disease and blood vessel damage.

**A3.** The correct answer is Dawn phenomenon: Dawn phenomenon is a rise in blood glucose (sugar) levels that occurs in the early morning hours. This occurs naturally in everybody, but can result in abnormally high blood glucose levels for those with diabetes. Such patients may need to make adjustments to their insulin treatment regimens to account for dawn phenomenon. Dawn phenomenon usually occurs between the hours of 3 a.m. and 8 a.m.

**A4.** The correct answer is Both of these: Diabetic coma is an altered state of consciousness that can put a patient at risk for brain damage or even death. It is triggered by either persistently high glucose (blood sugar) levels (hyperglycemia) or persistently low glucose levels (hypoglycemia). A person in a diabetic coma is still breathing, but has impaired brain function that

keeps them unconscious and unable to communicate. Prompt treatment is necessary to keep the patient from suffering long-term, irreversible damage to their ability to function physiologically and psychologically.

**A5.** The correct answer is not enough insulin: Diabetic ketoacidosis (DKA) is a dangerous condition that occurs when a severe lack of insulin causes the body to break down fats instead of glucose (blood sugar) for energy. This process can cause excess levels of a chemical called ketones to build up in the blood. If left untreated, DKA can lead to coma (also known as diabetic coma), or even death. However, with proper medical treatment, patients can recover from DKA and prevent it from occurring again.

**A6.** The correct answer is False: Hypoglycemia is abnormally low glucose (blood sugar). It occurs when a person's levels of glucose and insulin are unbalanced. Many diabetics refer to hypoglycemia as an "insulin reaction." Insulin is a hormone that is necessary for moving glucose (blood sugar) from the blood to the cells of the body. Without insulin, the glucose remains in the blood and the body does not receive fuel for energy. Mild cases of hypoglycemia can cause dizziness or weakness. Severe cases can lead to convulsions, unconsciousness or brain damage. Abnormally high glucose is known as hyperglycemia.

**Q7.** The correct answer is Hyperosmolar hyperglycemic nonketotic syndrome: Developing slowly over several days to weeks, hyperosmolar hyperglycemic nonketotic syndrome (HHNS) is a dangerous condition in which a person's blood glucose level is very high (above 600 mg/dL) and ketones are not present in the urine or blood. This condition is seen more frequently in older people and occurs more often with type 2 diabetes. HHNS is usually brought on by illness, so diabetics should check blood glucose levels more often

when they are sick. If not treated, HHNS can lead to severe dehydration, seizures, coma or death. People can prevent this condition by checking their blood glucose regularly.

**Q8.** The correct answer is Low: The glycemic index (GI) of a specific food is measured based on the time it takes for blood glucose levels to be affected after the food is eaten. The scale ranges from 1 to 100. Foods that are given a GI of less than 55 are converted into sugar more slowly and considered "low." Foods with a GI greater than 70 turn into sugar more quickly and are considered "high." Foods with a GI between 55 and 70 are considered "intermediate/moderate." In general, the high GI foods cause a rapid jump in blood sugar while the low GI foods raise the sugar level at a slow, steady pace.

**Q9.** The correct answer is Fruits: The food that produces the most gradual rise in glucose is placed in the low glycemic group. These foods are considered the easiest on the body and may control hunger for a longer period of time. In general, the low glycemic foods are lower in fat and higher in fiber.

The answers to the motorcycle terms quiz will be in the March edition of The Scoop. Feel free to pass The Scoop on to any and all interested parties. The Public Information Officer will answer any inquiries emailed to him at [pio@mset-tx.org](mailto:pio@mset-tx.org).

### Starbucks Coffee



MSET would like to thank Jenny Corman of Starbucks for donating the great tasting coffee for the 2005 and 2006 Landing Zone Class